

Brompton Westbrook Weekly Lunch Menu

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Option 1	Option 1	Option 1	Option 1
Mince lentils & onion pie Creamy mash potato Mixed vegetables Garden peas	Pork meatballs in a tomato herb sauce served with w/m pasta Mixed sweetcorn & peppers Green beans	Roast turkey Roast potatoes Savoy cabbage Roasted vegetables Gravy suitable for vegetarians	Chicken burger in a w/m bun French fries BBQ baked beans Garden peas	Beef subway w/m Roll Carrot , lentil and coriander soup
Option 2	Option 2	Option 2	Option 2	Option 2
Macaroni cheese New potatoes Mixed vegetables Garden peas	Veggie sausage puffs with tomato sauce & cheese Dauphinoise potatoes Sweetcorn and peppers Green beans	Quorn,Lentil & onion cobbler Roast potatoes Savoy cabbage Roasted vegetables Gravy suitable for vegetarians	Veggie nuggets French fries BBQ baked beans Garden peas	Cheese subway w/m roll Carrot , lentil and coriander soup
Option 3	Option 3	Option 3	Option 3	Option 3
Egg mayonnaise in a wholemeal bap Salad/vegetable	Jacket potato with cheese and beans Salad/vegetable	Ham sandwich in wholemeal bread Salad/vegetables	Tuna and cress in a tortilla wrap Salad/vegetables	
Salads and Desserts	Salads and Desserts	Salads and Desserts	Salads and Desserts	Salads and Desserts
Freshly prepared salad cart	Freshly prepared salad cart	Freshly prepared salad cart	Freshly prepared salad cart	Freshly prepared salad cart
Orange & chocolate sponge with custard or fruit yogurt Seasonal fruit available daily	Mixed fruit strawberry jelly or fruit yogurt Seasonal fruit available daily	Peach muffins or fruit yogurt Seasonal fruit available daily	Fruit flap jack or fruit yogurt Seasonal fruit available daily	Gingerbread men biscuit or fruit yogurt Seasonal fruit available daily
Water or milk Bread	Water or milk Bread	Water or milk Bread	Water or milk Bread	Water or milk Bread